

DEPARTMENT OF PUBLIC HEALTH



COUNTY OF SAN BERNARDINO

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FOR IMMEDIATE RELEASE

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SAN BERNARDINO COUNTY EXTREME HEAT ALERT ISSUED

Residents are advised to stay cool, stay hydrated, and stay informed.

San Bernardino. Public Health Officer Dr. Maxwell Ohikhuare has declared an Extreme Heat Alert in San Bernardino County for this Fourth of July Holiday Weekend, as temperatures are expected to reach 100 degrees in valley areas, and higher in desert regions.

Extremely high or unusually hot temperatures can affect your health. On average, 675 deaths from extreme heat events occur each year in the United States. **Most vulnerable are the elderly, those who work or exercise outdoors, infants and children, the homeless or poor, and people with a chronic medical condition.**

Take the necessary precautions to prevent serious health effects such as heat exhaustion or heat stroke.

Stay cool

- Stay in air-conditioned buildings.
- Find an air-conditioned Cooling Center open to the public by dialing the United Way's toll-free resource telephone line at **2-1-1**, or online at www.coolingsb.org. (A PDF file of the Cooling Center list is attached.)
- Do not rely on a fan as your primary cooling device.
- Limit outdoor activity, especially midday when it is the hottest part of the day, and avoid direct sunlight.
- Wear loose, lightweight, light-colored clothing.
- Take cool showers or baths to lower your body temperature.
- Check on at-risk friends, family and neighbors at least twice a day.

Stay hydrated

- Drink more than usual and don't wait until you're thirsty to drink.
- Drink from two to four cups of water every hour while working or exercising outside.
- Avoid alcohol or liquids containing high amounts of sugar.
- Make sure your family, friends and neighbors are drinking enough water.

Stay informed

- Check your local news for extreme heat warnings and safety tips.

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- Visit <http://emergency.cdc.gov/disasters/extremeheat> to find information and tips for preventing heat sickness.
- Sign up for free weather alerts to your phone or e-mail from Web sites such as www.weather.com/mobile.
- Keep your friends, family and neighbors aware of weather and heat safety information.

Additionally, the San Bernardino County Department of Public Health encourages all residents to learn the signs and first aid response for heat-related illness. Warning signs and symptoms vary but may include:

Heat Exhaustion

Symptoms

- Heavy sweating
- Weakness
- Skin cold, pale, and clammy
- Weak pulse
- Fainting and vomiting

What You Should Do

- Move to a cooler location.
- Lie down and loosen your clothing.
- Apply cool, wet cloths to as much of your body as possible.
- Sip water.
- If you have vomited and if it continues, seek medical attention immediately.

Heat Stroke

Symptoms

- High body temperature (above 103°F)
- Hot, red, dry or moist skin
- Rapid and strong pulse
- Possible unconsciousness

What You Should Do

- Call 911 immediately — **this is a medical emergency.**
- Move the person to a cooler environment.
- Reduce the person's body temperature with cool cloths or even a bath.
- Do **NOT** give fluids.

For more information on extreme heat, call the San Bernardino County Department of Public Health at **1 (800) 782-4264**, or the United Way's San Bernardino County toll-free resource telephone line by dialing **2-1-1**, or visit the California Department of Public Health website at: <http://bepreparedcalifornia.ca.gov/EPO/BeInformed/NaturalDisasters/ExtremeHeat/> .

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